



Winter is coming! Now is a great opportunity to prepare and learn more about how to treat a cold and boost your vitality!

# THE SIX MOST EFFICIENT WAYS TO TREAT A COLD AND BOOST YOUR VITALITY

In autumn and winter – yes, those seasons that are notorious for cold temperatures, wind and humidity – it is much easier to catch a cold or come down with the ‘flu.

However, not everyone is equally susceptible to harsh weather.

In fact one of the main factors of your resistance is the quality of the Wei Qi, or defensive energy of your body, which runs below your skin’s surface. The wisdom of ancient Chinese medicine advises us to live in accordance with the seasons and to adjust our lifestyle with the prevailing conditions... and this should help us to maintain our immunity.

However, when we actually come down with a cold or the ‘flu, it is important to consider a few very effective solutions which have been derived from Chinese medicine. The most common of these is to strengthen the patient’s Qi, while simultaneously helping the body to expel the pathogen by encouraging sweating. Sweating is actually an important part of the healing process, especially when it comes to colds. The six best methods to help treat a cold and boost your vitality are consuming congee, broth made from bones, ginger, cordyceps, honey and garlic.

## CONGEE

Congee is traditional Chinese breakfast but is also a great remedy for colds. It’s made from rice and water; the ratio depends on the thickness you prefer but the most common recipe is for six cups of water to one cup of rice. The average amount of time you need to cook congee is about two hours, but it’s good to know that the

longer you cook it, the healthier it becomes. When it comes to the medicinal properties of congee, it tonifies Qi energy and blood and also harmonizes the middle burner. Congee is great for the Lungs, and because it is easy to digest it also helps the Spleen. The good thing about congee is that you are free to add whatever you like to the basic recipe. So to help treat a cold and the ‘flu you can add ginger. To boost vitality you will add Cordyceps, bone broth, eggs or quail meat. To strengthen the Kidneys just add some black sesame or goji berries



## BONE BROTH

Bone broth is a phenomenal Qi and blood tonic. It has a positive effect on our Jing – the essence of life – which determines our levels of vitality and the length of our life. This broth is an important part of a winter diet and is also an effective way to treat a cold and the ‘flu – it helps promote perspiration and expel pathogens. Deciding which bones should be used for your broth depends on your current condition. So for colds and the ‘flu, the best broth is made from chicken bones. For those who are in recovery or people suffering from malnutrition, bone broth made from the dark meat of a chicken or from quails will work miracles! This medicine requires you to cook



it for a really long time, since the goal is to extract all of the essence from the bones. So the longer we cook the bones, the better medicine in the broth.

### **CORDYCEPS**

Since ancient times, cordyceps has been famous in Chinese traditional medicine (TCM) as a tonic to treat the Lungs and immunity issues. It has also been used to cure Kidney, Liver and Heart disease as well as for inhibiting cancer growth. It is well known for its anti-inflammatory properties, and efficiency in improving respiratory functions and treating coughs, colds, the 'flu and asthma. Since cordyceps adds energy and enhances body strength and stamina, it is often used to treat fatigue and exhaustion. With its performance enhancing properties it is also very popular with sportspeople. Cordyceps can be prepared as part of a soup with chicken meat (dark or white), as an infusion or in capsules. You can also sprinkle cordyceps directly into your congee.



### **GARLIC**

Many cultures are familiar with the abundant healing properties of garlic. In TCM, it is known for its warming qualities, as well as for its efficiency in expelling pathogens and promoting perspiration.



### **HONEY**

Just as with garlic, the healing properties of raw honey are also well known around the world. In TCM, honey is famous for its action upon the on the Lung, Colon, Spleen and Stomach meridians. Thus honey benefits the Lungs, boosts immunity and soothes the symptoms of colds and the 'flu. It can also help dispel pathogenic heat, clear toxins and sooth pain. Just be aware that raw honey is not suitable for babies and small children.



### **GINGER**

Ginger is a warming food and is something we should all have in our kitchen cupboards – both fresh and in dry form. Dry is typically used for chronic issues, while fresh ginger is better for acute problems. Ginger acts on the Lungs, Spleen and Stomach meridians and also enhances perspiration (a good thing!). It can be consumed fresh in salads, be prepared as an infusion or can be cooked as part of a soup (chicken or vegetable).